



December 2022

Virtual Nutrition Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Learn something new with our FREE Virtual Nutrition Events! Led by registered dietitians, we offer fun & educational events for the whole family. For full event descriptions & to register, Scan this QR Code or visit www.bigy.com/Living-Well/GetSocial</p>	<ul style="list-style-type: none"> Presentation Support Group Hands-On Kid Activity Cooking Demo Virtual Store Tour Movement Demo	<p> 1 Eating Behavior Management Series 4:00 – 5:00 PM</p>	<p>2</p>	<p>3</p>	
4	5 Living with Diabetes 6:00 – 7:00 PM	6 Healthy Holidays with Diabetes 6:00 – 7:00 PM	7 Exploring the Mediterranean Diet 10:00 – 11:00 AM or 6:00 – 7:00 PM	8 Let's Get Cooking 101 – Air Fryer Fun 6:00 – 7:00 PM	<p>9</p>	10 Understanding the DASH Diet 10:00 – 11:00 AM
11	12 Understanding the DASH Diet 6:00 – 7:00 PM	13 Reducing Inflammation with Nutrition 6:00 – 7:00 PM	14 Kids Get Cooking: Pear Breakfast Calzones 6:00 – 7:00 PM	<p>15</p>	<p>16</p>	17 Kids Get Cooking: Homemade Dog Biscuits 10:00 – 11:00 AM
18 Kids Get Cooking: Maple Almond Cranberry Granola 3:00 – 4:00 PM	19 Healthy Holidays with Diabetes 9:00 – 10:00 AM	20 Healthy Dining Out 10:00 – 11:00 AM or 6:00 – 7:00 PM	21 Living with Diabetes 10:00 – 11:00 AM Kids Get Cooking: Winter Holiday Traditions Around the World with Potato Latkes 6:00 – 7:00 PM	<p>22</p>	<p>23</p>	<p>24</p>
25	26 Move More Indoors 7:15 – 8:15 PM	27 Nutrition and Lifestyle Changes That Last 9:00 – 10:00 AM 28 Eating Behavior Management Series 6:30 – 7:30 PM	29 Reducing Inflammation with Nutrition 10:00 – 11:00 AM 30 Nutrition and Lifestyle Changes That Last 6:00 – 7:00 PM	29 Mediterranean at Midnight 6:00 – 7:00 PM	<p>30</p>	<p>31</p>